

**ASSIGNMENT**

**SUBJECT - PSYCHOLOGY**

**CLASS - XII**

**CHAPTER - 3**

**LESSON - MEETING LIFE CHALLENGES**

Q1- What is stress?

Q5- What are stressors?

Q6- What is strain?

Q7- Explain and elaborate the Cognitive Theory of Stress.

Q8- What are the signs and symptoms of stress?

Q9- What are the types of stress?

Q10- What are the sources of stress?

Q11 - What are the effects of stress on psychological functioning and health?

Q12- What is GAS model?

Q13 - How does stress affect the immune system?

Q14 - Explain the effect of stress on psychological functioning.

Q15 - Explain three coping strategies.

Q16 - What are the two types of coping strategies as given by Lazarus and Folkman?

Q17 - Name the different stress- management techniques. Explain them.

Q18 - Discuss the factors that lead to positive health and well-being.

Q19 - What are life skills? Why are they important in managing stress?

Q20- What are the different types of support system? Explain.

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